

# Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

MARCH 4, 2005



Gunnery Sgt. Claudia LaMantia

Dancers salsa about the dance floor at Panama Hattie's Wednesday night. Honolulu's Latin nightlife draws dancers from all over the island to different clubs that feature music from DJs to live bands, nightly. The clubs often offer free dance lessons at the beginning of the night, to all interested patrons.

## Hot Latin nights

Caribbean rhythms inspire vibrant, passionate dancing

**Gunnery Sgt. Claudia LaMantia**  
*Public Affairs Chief*

The Caribbean sounds of salsa, merengue, and other tropical music rhythms can be heard, nightly, around the island of Oahu. "It's nice to be able to dance to music I was raised with," said Gunnery Sgt. Saul Ramirez, ammunition chief with Combat Service Support Group 3. The Bronx, N.Y. native and his Hawaiian-raised wife Patty, frequent dance clubs around Waikiki when night spots cater to Latino music enthusiasts.

According to those who frequent Waikiki's nightclubs, a typical Thursday evening brings crowds of people to a place called Rumours. Here, some couples practice steps in the aisles as several songs play through, before heading to the dance floor. Others head straight to the dance floor where they begin moving and twirling to similar steps others have danced for the last 50 to 60 years.

Ramirez said that the best thing about this kind of dancing is that the whole family is in tune.

"My mom can be doing the same steps that my 11-year-old daughter does."

His wife admitted that although she likes to salsa, she prefers merengue because it's like a



Gunnery Sgt. Claudia LaMantia

Members of Son Caribe set the mood at Panama Hattie's with their lively, rhythmic Latin tunes. Son Caribe can be found performing regularly every week, keeping the Latin beat alive.

quick two-step shuffle.

Every night there is someplace around Honolulu where this type of music fills the air. Club-goers who are looking for a "taste of the Caribbean" might be able to find what they are looking for Monday through Sunday at: Zanzabar Night Club, Panama Hattie's, Rumours Nightclub, the Aloha Tower, Cafe Ché Pasta and the Esprit Lounge, according to Cpl. Joel E. Paula, administrative clerk with

3rd Radio Battalion.

An avid dancer, Paula said that when he's at home, he visits these places as often as possible. Last year, during his deployment to Camp Fallujah, Iraq, he practiced often and taught others his fancy footwork. Paul said that dancing helped to pass the time and was a real stress reliever.

Now back at home on Oahu, he once again takes to the clubs where he continues to enjoy the sounds of the Caribbean.

"But, it's better to dance back here," admitted Paula. "You can wear something other than cammies, and there are no mortars flying your way."



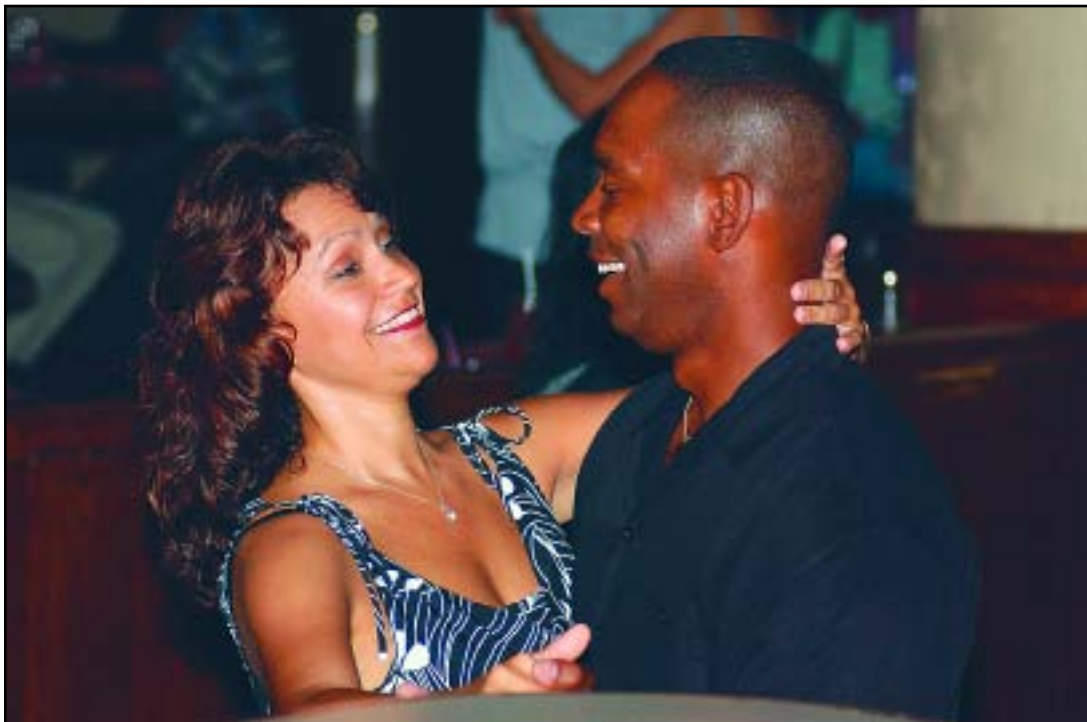
Susana Choy

Like many Latin dancers, this couple enjoys a quick laugh on the dance floor while moving to lively salsa music provided by Son Caribe at Panama Hattie's.



Left — Staff Sgt. Virgilio Marshall, hazmat coordinator, Combat Service Support Group 3, maneuvers Karina Banales, Honolulu resident, about the dance floor to a quick salsa beat during a Rumours Nightclub's Latin Night session.

Below — Avid dancers Mary Dumas and 1st Sgt. Ever Gutierrez, Company First Sergeant with 25th ID Replacement Detachment Co., polish their salsa skills on the dance floor at Rumours Nightclub. Experienced Latin dancers, such as Dumas and Gutierrez often showcase intricate footwork and a style that that are entertaining to watch.



Susana Choy

Honolulu native, Rebecca Loera, and partner Army 1st Sgt. Antonio Williams, Company First Sergeant with Fort Shafter's military police, share a moment on the dance floor during Rumours Nightclub's Latin Night, Thursday. Rumours is just one of the many different venues Latin music dancers can swing their hips to every night of the week in Honolulu.

Susana Choy

Susana Choy

# Library celebrates Women’s History Month

**Yibeli Galindo-Baird**  
MCCS Marketing

“Nothing sickens me more than the closed door of a library,” said Pulitzer Prize winning author and self-trained historian, Barbara Tuchman. Fortunately for her and for many of the 3,000 monthly visitors to the MCB Hawaii, Kaneohe Bay Library it is open and has been open since August of 2004. Even better news, the library has resumed its entertaining and educational Story Time series and will celebrate the achievements of women during March in recognition of Women’s History Month.

The library’s doors were closed intermittently for more than six months last year as result of the extreme weather, which damaged the roof and exposed the library’s large collection to inclement conditions.

After extensive repairs and numerous book section reconfigurations, the normal hours of operation finally resumed but not without a loss of visitors. “We still get calls from people wanting to know if we are open. Yes, we are open and still offering our Story Time and Summer Reading Programs,” said Lori Zuttermeister, a library technician at the K-Bay Library.

Among the programs that have returned to their regular operations are the monthly exhibits presented through the Humanities Presentations Center of the Hawaii Committee for the Humanities. This month’s exhibit is titled “Black Women: Achievements Against the Odds.” According to HPC officials, the exhibit highlights the achievements of black women who entered the areas of science, humanities, government and the professions, touching on the conditions faced by Black Americans. This mid-sized exhibit, one of nine scheduled for this year, was developed by the Smithsonian Institution and will run through mid-March.

In addition to this exhibit, poster and book displays presenting the accomplishments of numerous distinguished women in both civil-



The Kaneohe Bay Library hosts “Black Women: Achievements Against the Odds,” in celebration of Women’s History Month, which will run through mid-March. The library has resumed its regular operating hours and its entertaining and educational Story Time series, having completed extensive repairs to the building that were caused by extreme weather, last year.

ian and military arenas will also be available. The posters, which highlight the accomplishments of women from all walks of life, are located on the sides of the bookshelves throughout both wings of the library. The book display is located next to the CD racks and focuses primarily on Women in the Military and the Marine Corps.

Children will also have an opportunity to celebrate the special women in their lives. On March 12, a Story Time themed “Celebrating Women” will feature three to six books — the quantity varies depending on the age and attention span of the kids attending — about

ladies who play a current role in kids lives, and whom they may find of interest and worthy of recognition. After the book reading, a hands-on activity will enable kids to create a small take-home gift for the special woman in their lives. Adults and children of all ages are welcome to attend. Kids, however, must be accompanied by a parent, guardian or supervising adult. The event starts at 1 p.m. that Saturday. Light refreshments are usually available.

The library also offers other services that are currently underutilized. “A lot of people are not aware of what we offer,” notes Zuttermeister. “If they want to research infor-

mation, we have many resources and materials. Although the library is an education and research facility, it also offers recreational reading. We have 144 magazines from Cosmo to Oprah.” In addition, the library’s vast collection boasts 42 thousand books and 750 CDs. Although DVDs are not available at this location, they can be requested from Camp Smith’s collection through an interlibrary loan. Interlibrary loans can also be used to request materials from any Marine Corps library in the nation.

The library has spent \$30,000 in new books, many from popular authors, and continues to order new materials on a regular basis. Murray Visser, K-Bay Library Supervisor, trusts that visits to the library will increase with the regular additions to the collection and an increased awareness of the resources available to the military community. “People who really want to come to the library know how to find us. We don’t really need more signs.” He notes that those who are soon to deploy could benefit from library resources to learn more about the purpose of their mission and the places where they will be going. They can also gain a historical perspective of the war as presented through the works of various contemporary authors. Visser hopes that Marines and Sailors residing on base will get out of their barracks and spend more time at the library.

There truly is a lot more than meets the eye at the Kaneohe Bay Library. From computers with Internet access for periodical research with multiple printers and a recently-upgraded copier; to children’s books, bestsellers and material from the Commandant’s Reading List, the library should be your number one resource to learn about your community, interests, and personal and professional growth.

The library is open Monday through Wednesday from 11:30 a.m. to 8 p.m., Thursday from 10 a.m. to 8 p.m., Saturday from 9 a.m. to 4 p.m., and Sunday from 12 to 8 p.m. The library is closed on Fridays and Federal Holidays. For more information, call 254-7624.

## MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

### Possibilities in Paradise

**Kahuna’s Bar & Grill**  
254-7660/7661

**Live entertainment** — Celebrate the end of the week with a little live musical action. Come and listen to the thrashing sounds of 8mm Overdose tonight. “They are as brutally, divinely metal as you’d want any metal to be,” says Flipside USA. Check them out starting at 10 p.m.

**Hot Country Nights** — DJ Stan returns to keep Wednesday nights hotter than ever. Country

SM&SP

SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna’s Recreation Center. Get more details on activities at mccshawaii.com under the “Semper Fitness” icon, or call 254-7593.

**SM&SP Deep-Sea Fishing Adventure:** Spend the day March 5 beyond the bay, fishing with the Single Marine & Sailor Program. This open-water adventure costs only \$75 per person and includes boating fees, all the fishing equipment and lunch. Space is limited to 10 people, so register now at the Semper Fit Office. The excursion kicks off at 6:30 a.m., and runs until 3 p.m.

**Paintball Tournament:** Practice now, because the SM&SP will be hosting a paintball tournament in March. Call the SM&SP for details.

**Staff NCO Club**  
254-5481

**Ladies’ Nights** — Starting in March, ladies are the focus at the club every Friday. With the Rocker Room adding grilled items to their menu from 5 to 8 p.m. there will be something to please everyone’s appetite. And if you’re in the mood for a little hip action, DJ music and dancing will be available as well.

**Club members receive benefits at Fairways** — from 11 a.m. to 1 p.m., Staff NCO Club members will receive discounted pricing at Fairways Bar & Grill on Mondays and Tuesdays. Enjoy their quick and tasty grilled menu items for lunch while watching the incredible views of the Klipper Golf Course. For more information call the Staff NCO Club at 254-5481.

**Officers’ Club**  
254-7650/7649

**Women’s Appreciation Seafood Buffet** — Drop by Thursday evening for a unique dinner treat in celebration of Women’s History Month. Enjoy a seafood buffet with special items — this buffet is only available the first Thursday of each month. Additionally, sample unique wines that will tantalize your palate and make the celebration a little sweeter.

Movie Time

**Prices:** Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

**Ongoing**



**Fix it Yourself** — Want to do a little work on your prized vehicle but don’t have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form. Certified Hawaii safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m. For more details, call 254-7674.

**Entertainment Books** — The 2005 Entertainment Books, with great discounts on all of your favorite activities and restaurants in Hawaii, are on sale now. The books cost \$30 and make great gifts. For more information, call ITT at 254-7563.

**Mega Video** — Check out these weekly rental specials. Monday — Rent one new release, get one category movie free. Tuesday — Rent a video game at regular price, and rent a second one for \$2.50. Wednesday — Rent three new releases, VHS or DVD, receive an extra day rental. Thursday — Rent one DVD at the regular price; rent the second one for \$1.75. This includes new releases. Friday — Rent family and children’s movies for 75 cents. Sorry, no new releases.

The Officers' Club

at KANEOHE BAY, HAWAII

Saturday — Rent any basic stock movie, no new releases, for regular price and rent the second stock movie for \$1.25. Sunday — Rent any Sunday Special movie for \$1. Each week is a different section. See store calendar for selected section.

**Swing Lessons** — Kahuna’s Ballroom will teach you how to dance. Every Monday, swing dance lessons will be taught from 7 to 9 p.m. The cost is only \$2, so grab a partner and get ready to twist, twirl and spin the night away. For more information, call Kahuna’s Bar & Grill at 254-7660.

**Salsa Lessons** — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna’s Ballroom every Tuesday from 7 to 9 p.m., and you will be set to hit the town. Lessons are \$2. For more details, call Kahuna’s Bar & Grill at 254-7660.

**Tradewind Travel** — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruise Line packages, and, most recently, a five-night Sydney, Australia package. Tradewind Travel is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m. For more information, call 254-7413.

**Mongolian Barbecue** — Don’t feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers’ Club for Mongolian Barbecue and leave the work to the professionals. Dinner is buffet style. Select your favorite veggies and meat, including chicken, shrimp, pork and beef. Pile your bowl high, and kick it up a notch with a sauce of your choice, then watch the grill masters flip,

sauté and grill your dinner to perfection. Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. For more information, call the club at 254-7649.

**ASYMCA Playmornings** — Children and parents are all invited to come have fun at the Armed Services YMCA “Playmornings.” Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families. Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities Building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at Building 1638. For more information, call 254-4719.

**Looking for a Job?** — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality; fitness; child and youth activities; water safety; logistics and administration. Stop by the MCCS Personnel office. Get a job or career that suits your skills, schedule and style. For more details, call 254-7619 or visit [www.mccshawaii.com/jobslistings.html](http://www.mccshawaii.com/jobslistings.html).

**Family Child Care** — Family Child Care is a home-setting, child care service provider operated by MCCS Personal Services with certified providers trained in child development, nutrition, guidance and more. Family Child Care provides a flexible schedule including evenings, weekends, and overnight care. To find a Family Child Care provider, call 257-7430. To become a Family Child Care Provider at MCB Hawaii, call FCC at 257-7030.

In Good Company (PG-13)	Today at 7:15 p.m.
Closer (R)	Today at 9:45 p.m.
Coach Carter (PG-13)	Saturday at 7:15 p.m.
Assault on Precinct 13 (R)	Saturday at 9:45 p.m.
Elektra (PG-13)	Sunday at 2 p.m.
Racing Stripes (PG)	Sunday at 6:30 p.m.
Coach Carter (PG-13)	Wednesday at 6:30 p.m.
Are We There Yet? (P)	Friday at 7:15 p.m.
Assault on Precinct 13 (R)	Friday at 9:45 p.m.

# Foundation responds to needs

Organization to provide scholarships for children

**Cpl. Lameen Witter**  
*New York City Public Affairs*

**NEW YORK** — The Marine Corps Scholarship Foundation recently turned its focus to the surviving children of fallen Marines and corpsmen, who served in the Global War on Terrorism, by offering up to \$10,000 for higher education to those who are eligible.

The New York based non-profit organization of volunteers has been awarding financial aid to service members for 43 years, and it has recently authorized 1.75 million dollars in scholarships for the 2004–2005 academic year.

The foundation generates its revenues from national fund-raising



Photo Illustration Courtesy of Marine Corps Scholarship Foundation

**The Marine Corps Scholarship Foundation now focuses the children of fallen Marines and corpsmen who fought in the Global War on Terrorism.**

events such as scholarship balls and golf tournaments, as well as contributions and grants. It will award the scholarships on a competitive basis, giving precedence to the Marine fam-

ilies who have lost loved ones to the war on terror and their financial needs.

“The purpose of the foundation is to provide scholarships for sons and

daughters of Marines, who honorably serve over 90 days of active duty, on a needs basis,” said the president of the Marine Corps Scholarship Foundation and Peter Dipiola, former Marine captain.

“In other words, we look at all the money we have and try to give as much of it away as we can. If I’ve got two thousand scholarships to give away, I will give to the ones who financially need it the most; which means I might give away a bunch of ten thousand dollars, or I might give away a whole bunch of one-, three-, or five-thousand dollar scholarships, based on what the needs of the kids are and the amount of money we have.”

According to Dipiola, scholarships begin at \$500. Anyone who meets the foundation’s criteria and is interested in receiving a scholarship need only submit an application, and it will be reviewed based on their financial status.

Previously, the foundation made similar commitments to the 260 surviving families of the Beirut bombing victims as well as the families of the

Gulf War victims. Now, the foundation is putting the call out for contributions and special consideration for the rising death toll of the war against terrorism and the current 126 children who have lost their beloved Marines to the conflict.

“My goal is two-fold. Since we have so many units getting ready to mobilize or de-mobilize, 6th Comm., MAG-49, 25th Marines, we’ve got a number of Marines that have gone or are getting ready to go. We want to let those families know about the program,” said Dipiola.

“We also want to get the word out to former and retired Marines and corporations and let them know that we need their help so we can raise the initial 1.3 million dollars to have these scholarships waiting for these students. We’re going to take care of those kids so Marines don’t have to worry about their family when they’re going into the fight.”

For more information on making a donation, becoming a member, or requesting a scholarship, call (866) Iwo Jima or log on to [www.Marine-scholars.org](http://www.Marine-scholars.org).



Gunnery Sgt. Claudia LaMantia

## In tune

Air Force Master Sgt. Debra D. Jamison, leads other attendees in song during the Black History Month luncheon at the Anderson Hall Dining Facility, Feb. 25. Marines (from left), Staff Sgt. Timothy Erwing, Staff Sgt. Petronella R. Williams, Lt. Col. Loren D. Barney, Col. Jeffery J. Patterson, Col. Steve C. Veach and guest of honor Mr. Welmon “Rusty” Walker. Walker, founder of “That New Publishing Company,” spoke about the contributions African Americans, like Elijah McCoy, inventor of the lubricator cup, have made. The cup enabled engines, primarily train engines, to stay lubricated while in operation. His product functioned so well that buyers for engine parts insisted that they get McCoy products, siring the term “the real McCoy.”

# Exemplary service recognized

## Women continue to contribute, serve the Marine Corps, America with distinction

*Editor's note: History records the date of Aug. 13, 1918 as the day that women first joined the ranks of "the few and the proud," with the enlistment of Pvt. Opha Mae Johnson. Since then, women Marines have made countless contributions to the Marine Corps*

**Lance Cpl. Dyanne Arvelo**  
*Headquarters Company*

Recognized for her expertise in the field of maintenance management, Arvelo, a native of Los Angeles, serves as the Combined Service Support Group 3, Maintenance Management Clerk. She performs her job with exceptional proficiency and dedication. She has served with distinction on three major exercises, which culminated with her being honored with a Certificate of Commendation for her outstanding performance during Hawaii Combined Arms Exercise 01-05. Arvelo has generously donated her time to deserving local charities while working full-time and spending her off-duty hours pursuing a Bachelors Degree from Chaminade University. Her proficiency and dedication stands as an example for her peers to emulate.



Cpl. Justin D. Hahn

ARVELO

*and to the nation that deserve recognition.*

*During Woman's History Month, the month designated to celebrate and recognize the contributions that women have made to our nation, Combat Service Support Group 3 recognizes military and*

**Cpl. Anna Marie Herrera**  
*Supply Company*

Recognized for her exceptional organizational and tracking skills. Herrera, from Holland, Ind., currently serves in the Supply Company General Account section as the Balance File noncommissioned officer-in-charge. She manages more than 38,000 National Stock Numbered items. Her efforts ensure that Combat Service Support Group 3 stocks the appropriate amounts and types of repair parts in order to support all Hawaii-based III Marine Expeditionary Force units — both in garrison and on deployment. A well-rounded leader, she demonstrates proficiency both in her military occupational specialty and in general military skills and serves as a positive example to all.



Cpl. Justin D. Hahn

HERRERA

*civilians assigned to Marine Corps Base Hawaii, Kaneohe Bay.*

*This week, the women highlighted are from CSSG-3's Headquarters Company, Supply Company and Maintenance Company.*

**Lance Cpl. Frania Zamora**  
*Maintenance Company*

Recognized for noteworthy performance during two recent Hawaii Combined Arms Exercises, on the Big Island. Zamora was born in Chinandega, Nicaragua, Jan. 5, 1984. She emigrated to Miami when she was 14, and graduated from Coral Gables High School in 2002. She enlisted in the Marine Corps in November 2002 and was promoted to Lance Corporal in June 2004. Her outstanding military performance is a true indicator of her dedicated service to the United States of America.



Cpl. Justin D. Hahn

ZAMORA

# Cub Scouts journey ‘over the bridge’

## Newly inducted Boy Scouts earn greater freedom and praise from long, hard work as Cub Scouts

**Cpl. Megan L. Stiner**  
*Press Chief*

Transitioning from Cub Scout to Boy Scout takes years, dedication and devotion to the scouting program. When a young boy achieves that level of distinction it is no small feat. Such was the case Saturday for five from Pack 225. “I have been in the Scouts for four years,” said Andrew C. Wilson, 9, one of the newly accepted Boy Scouts. “I worked really hard to get to this point and put a lot into getting to

this level.” The other four Scouts who were accepted were Jerry Gambrel, Marcus Johnson, Adam Marino and Seth Wall, former members of the Scorpion Patrol, Webelos II. “They are a great group of boys,” said Lt. Col. Patrick L. Wall, S-3 officer, Combat Service Support Group 3, and Cub Master of Pack 225. “I think they’ll do great as Boy Scouts.” The “bridging” ceremony, where Cub Scouts cross over a bridge to signify their ini-

*See SCOUTS, B-5*



Cpl. Megan L. Stiner

Newly inducted Boy Scouts hold their “Arrow of Light” during a ceremony. The five became Boy Scouts after a “bridging” ceremony, the final event of the Boy Scout’s annual banquet, Saturday.

# DeCA encourages smart food choices

Agency helps shoppers with health-oriented initiative to include new signs, tours, fairs

**Kay Blakley**  
*Defense Commissary Agency Europe*

With March being National Nutrition Month you'll no doubt be hearing and reading lots of news about the recently published Dietary Guidelines for Americans and the Food Guide Pyramid, which is being revised to reflect those recommendations in more detail. In announcing the guidelines, government officials describe the new advice as very similar to what has been in place for the past five years — even characterizing it as “common sense.” That very well may be, but the continued expansion of our collective American waistlines is a solid indicator that a disconnect exists somewhere along the line. Too little direct communication of easily understood, easily remembered and easily applied information is thought to be at least one of the culprits.

Defense Commissary Agency leaders — having always encouraged managers at all levels to be involved, contributing members of the military communities we serve — view this communication void as an opportunity to provide reliable dietary information. After all, on military installations commissaries are the primary suppliers of food for home consumption. When is a more appropriate time to have dietary information available than when you are grocery shopping?

DeCA has partnered with TRICARE to help carry out one component of its recently unveiled, DoD-wide “Healthy Choices for Life” campaign, aimed at ending tobacco use, promoting responsible consumption of alcohol and curbing the growing trend of obesity among military families. DeCA's initiative — “It's Your Choice, Make it Healthy” — focuses on making sure commissary shoppers have information to guide them in making their food selection decisions.

So what exactly does all this mean to you as a commissary shopper? Would it be helpful to have concise messages available to remind you of exactly what qualifies as a “whole grain” product when you're selecting bread or cereal, or how you determine if a dairy product meets the guidelines for “low-fat” or “non-fat,” or harder still, which cuts of fresh meat qualify as “lean?” Shelf signs are being developed right now by a joint-services team of nutrition professionals for almost every food category in the store. Watch for these to start appearing in the coming months at the commissary where you shop!

Would you appreciate the opportunity to tour the commissary with a nutrition professional who can break down all the information on a product's nutrition label into comprehensible terms, answer healthy choice questions specific to your personal circumstances, and clarify any points of confusion you might be dealing with? Such tours are most definitely part of our plan! Would you like to taste a new product before committing your hard-earned cash to a whole package of it? We can easily handle that! Look for healthy food fairs and product sampling opportunities to occur at your store regularly. Be sure to stay tuned as this initiative is rolled out. These are just a few examples, but there's a lot more to come.

A synopsis of The Dietary Guidelines for Americans 2005 is available in the pamphlet “Finding Your Way to a Healthier You.” For all the details, you can download your own copy from [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines), but its major points, neatly packaged into three

broad statements are a good place to start: Find your balance between food and physical activity. Calories do count — if you consume more than you expend you will gain weight. Cutting back by as little as 500 calories a day and adding just 30 minutes a day of physical activity could be all the adjustment a person might need. Could the time spent shopping the commissary for healthier food choices count toward that 30-minute requirement? It certainly could!

Get the most nutrition out of your calories. If your current eating habits lean heavily toward sugared drinks, salty snacks and high-calorie processed, packaged foods, introduce better choices by starting with the healthy foods food you love. For example, if you like fresh apples, but you normally go for apple pie instead, calculate how many apples it would take to reach the calorie count of a slice of pie before deciding which you'll have. Having all the facts before you will usually lead to better decisions.

Make smart choices from every food group. No additional comment is necessary on this point. Just study the chart below, excerpted from the “Finding Your Way to a Healthier You” pamphlet for clear, concise and easily applied advice on making every bite count. Remember “It's YOUR choice, make it healthy!”

Mix up your choices within each food group. Know the limits on fats, salt and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Focus on fruits. Eat a variety of fruits — whether fresh, frozen, canned or dried — rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of

fruit each day (For example: 1 small banana, 1 large orange and 1/4 cup of dried apricots or peaches).

Vary your veggies. Eat more dark green veggies, such as broccoli, kale and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils.

Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats or corn are referred to as “whole” in the list of ingredients.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. And vary your protein choices — with more fish, beans, peas, nuts and seeds.

Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk — or an equivalent amount of low-fat yogurt and/or low-fat cheese (11/2 ounces of cheese equals 1 cup of milk) — every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

The DeCA operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices — savings worth about \$2,700 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



Cpl. Megan L. Stiner

Col. Richard C. Roten, deputy commander, MCB Hawaii, as well as scoutmaster for troop 425, congratulates newly inducted Boy Scout, Andrew Wilson, into the Kaneohe Bay Boy Scout troop. Wilson and four other Cub Scouts underwent transformation into the Boy Scouts Saturday during “bridging ceremony” held for those dedicated enough to continue their scout pledges at the next level.

## SCOUTS, From B-4

tiation into the Boy Scouts, was the final event of the annual banquet Saturday. As the night went on, everyone enjoyed watching the skits, award presentations and a cake-judging contest. But, after nearly two hours of anticipating the finale, emotions ran high as the five Scouts made that journey over the bridge.

“It feels great,” announced Wilson, a fifth grader at Mokapu Elementary School. “I feel like I am about to explode with joy. It took a lot of work to get here, but it was so much fun that it didn't even seem like work.”

Once they crossed the bridge, Col. Richard C. Roten, deputy commander and Boy Scout, Scout Master, personally welcomed each of the new boy scouts into the program.

The new title gives the boys a lot more independence and freedom in the scouting program.

“We get to do a lot of hiking and camping without

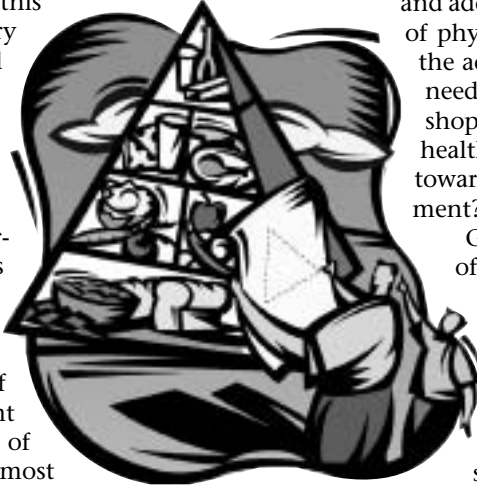
parental supervision,” explained Wilson, a New Mexico native. “We do a lot more than that too, but I am really excited for that.”

During the night's events, the boys also received the, “Arrow of Light,” the Webelos highest honor as well as a few personal awards.

Wall, a Hurst, Texas native said that he knows the boys are ready. They proved it when they went on a camp out with the Boy Scouts who helped them earn their “Arrow of Light” award. The new Scouts even beat the seasoned Boy Scouts in a fire-building contest. “There is no doubt they'll do good things.”

Wall also wanted to pay special appreciation to the parents of the Cub Scouts who were responsible for preparing and supporting them so they were ready for the challenge of scouting.

“All the activities that the Cub Scouts participate in happen because of the parents,” he said. “They are the reason this program is such a success.”



ON THE MENU			
AT ANDERSON HALL			
<b>Friday</b> <i>Lunch</i> Beef Balls Stroganoff Baked Fish Fillet Macaroni and Cheese Garlic Roasted Potato Wedges Mixed Vegetables Raisin Drop Cookies Fruit Pies  <i>Dinner</i> Tacos (Ground Beef) Chicken Enchiladas Chili Conquistador Burritos Refried Beans Mexican Rice Raisin Drop Cookies Fruit Pies  <i>Specialty Bar</i> (Lunch and Dinner) Pasta Bar	<b>Sunday</b> <i>Brunch/Dinner</i> Swiss Steak w/Mushroom Gravy Glazed Rock Cornish Hens Rice Pilaf Mashed Potatoes Southern Style Green Beans Yellow Cake w/Butter Cream Frosting Salad Bar w/Assorted Dressing  <b>Monday</b> <i>Lunch</i> Beef Stew Baked Fish Fillets Baked Macaroni and Cheese Steamed Rice French Fried Okra Oatmeal Cookies Fruit Pies  <i>Dinner</i> Italian Veal Steaks Braised Pork Chops, Bone In O'Brien Potatoes Steamed Rice Peas w/Onions Oatmeal Cookies Fruit Pies  <i>Specialty Bar</i> (Lunch and Dinner) Pasta Bar	<b>Tuesday</b> <i>Lunch</i> Chicken Parmesan Cajun Fish Fillet Steamed Rice Boiled Egg Noodles Simmered Asparagus Oatmeal Raisin Cookies Fruit Pies  <i>Dinner</i> Southern Fried Chicken Beef Balls Stroganoff Parsley Butter Potatoes Boiled Egg Noodles Simmered Pinto Beans Oatmeal Raisin Cookies Fruit Pies  <i>Specialty Bar</i> (Lunch and Dinner) Taco Bar  <b>Wednesday</b> <i>Lunch</i> Chili Macaroni Roast Turkey Grilled Cheese Sandwich Mashed Potatoes Glazed Carrots Brownies Fruit Pies  <i>Dinner</i> Meat Loaf Pork Ham Roast	Mashed Potatoes Tossed Green Rice Cauliflower Combo Brownies Fruit Pies  <i>Specialty Bar</i> (Lunch and Dinner) Country Bar  <b>Thursday</b> <i>Lunch</i> Salisbury Steak Barbecue Chicken Rice Pilaf Oven Browned Potatoes Corn on the Cob White Cake w/Lemon Cream Frosting Fruit Pies  <i>Dinner</i> Beef Yakisoba Orange Chicken Fried Rice Steamed Rice Fried Cabbage w/Bacon Brown Gravy White Cake w/Lemon Cream Frosting Fruit Pies  <i>Specialty Bar</i> (Lunch and Dinner) Taco Bar



# Word to Pass

## Chapel Organizes Feeding the Homeless Volunteer Event

The next scheduled “Feeding the Homeless” will be a BBQ for the Women and Children Shelter. Volunteers muster at Base Chapel on Friday no later than 2:15 p.m. in “appropriate” civilian attire and close-toed shoes.

For more information, call the Base Chapel at 257-3552.

## All Breed Cat Show Scheduled

The All Breed Cat Club announces its All Breed Cat Show to be held March 12 at the Ala Wai Golf Course Clubhouse from 9:30 a.m. to 3:30 p.m.

In addition to the show, Joey’s Feline Friends will have kittens available for adoption.

Admission is \$3 for adults and \$2 for those 65 and older, children under12, and those with military ID.

For more information, contact Sam Moore, at 262-7535.

## Military Officers Association Offers Scholarships

The Aloha Chapter of the Military Officers Association of America has announced its scholarship program for students entering or enrolled in an institution of higher learning for the 2005-2006 academic years. Up to four \$1,000 scholarships will be awarded to selected applicants this spring.

The scholarship program is open to any member of the uniformed service — Air Force, Army, Navy, Marine Corps, Coast Guard, NOAA Corps and Public Health. Service member’s children and spouses are also eligible. The program is also open to local MOAA member’s spouse, child or grandchild. Winning applicants will be selected on the basis of financial need, scholastic ability or potential and apparent excellent character and personal qualities.

Application forms may be obtained by calling 488-7013 or by e-mail at Takyosh@aol.com. Completed forms should be mailed to Aloha Chapter MOAA Scholarship Fund, Attn: T. Yoshihara, 98-1039 Kaonohi St., Aiea, HI 96701. The deadline for completed forms must be received, postmarked, no later than March 31.

The Aloha Chapter of the Military Officers Association of America is a non-profit organization of active, reserve and retired military officers of all services who are dedicated to the well-being of all of our service members and their families as they serve our nation.

For more information of eligibility, contents of eligibility, the application process and awards, contact T. Yoshihara at 488-7013.

## Museum Celebrates Female Gods of Hawaii

Coinciding with Women’s History Month, Bishop Museum will open “Na Akua Wahine: Celebrating the Female Gods of Hawai’i Nei” on March 12, 2005. A free public opening will be held on Friday evening, March 11, from 6 p.m. to 8 p.m.

The exhibit will be on display through Fall 2005.

Created to honor female deities, “Na Akua Wahine” will feature rare female ‘aumakua images, as well as kapa and kapa-making implements — all of which are associated with goddess activities. Included will be stories and images of Po‘ele (goddess of the deep, dark night), Papahanaumoku (earth mother goddess), Ho‘ohokukalani (goddess of the stars), Haumea (goddess of fertility and child-birth), Namakaokaha’i (goddess of oceans), Pelehonuamea (goddess of volcanoes), and Hi‘iakaikapoliopele (goddess of hula dancers).

“As the Kau Wela season begins, as the earth heats, and Ku rises once again, we are reminded that where there is Ku, there is also Hina. Fundamental in Hawaiian thought is the principle of balance between male and female, light and dark, night and day,” said Project Manager Noelle M.K.Y. Kahanu. “This exhibit thus celebrates the female part of this equation. Through the works of contemporary native artists, we are able to explore these female akua, in all their magnificence and complexity.”

A treasured resource of Hawaiian history and heritage Bishop Museum was founded in 1889 by Charles Reed Bishop as a tribute to his wife Princess Bernice Pauahi Bishop, the last descendant of the royal Kamehameha dynasty. Located in Kalihi at 1525 Bernice Street, the Museum is open daily from 9 a.m. to 5 p.m. Admission is \$14.95 for adults; \$11.95 for youth 4-12 years, special rates for kamaaina, seniors and mil-

itary; children under 4 years and Bishop Museum Members are free. For information, call the museum at 847-3511 or visit www.bishopmuseum.org.

## TSA Posts Air Travel Alert

The Transportation Security Administration has put out a security directive pertaining to military passengers, according to Security Directive 1544-01-10w, access to sterile concourse for non-traveling individuals, will be as follows:

- Military passenger family members may be given a pass so that they can escort the military passenger to the gate or to meet a military passenger’s inbound arrival at the gate.

- Military family members can go to the airline that the military member is flying on and receive a pass to go to the gate. However, a pass and a photo ID will be required to get pass the security checkpoint.

This is an especially wonderful change for military personnel on leave from Afghanistan or Iraq. It will be a better welcome home for them when they get off the airplane and see their family at the gate and will be able to stay with family longer before having to leave.

## Army Community Theatre to Perform Miss Saigon

Set in the waning day of the American occupation of Saigon, the legendary “Miss Saigon” is an epic love story between an American soldier and a young Vietnamese woman.

Tickets are on sale now for shows through March 12. Tickets range from \$14 to \$25, with group discounts available and can be ordered by calling 438-4480 or logging on to www.squareone.org/ACT.

## “Cats” Returns to the Blaisdell Concert Hall

“Cats,” the Andrew Lloyd Webber show that revolutionized musical theatre, returns to the Blaisdell Concert Hall for a one-week engagement, April 12 to 17. This national tour has not been seen in seven years in Hawaii and has sold out engagements in its previous runs in

Honolulu. The show won seven Tony Awards in 1983, including Best Musical, Best Book of a Musical, Best Lighting and Best Costumes.

Performances begin April 12 at 7:30 p.m. with tickets priced at a \$30, \$45 and \$55. Subsequent performances are April 13 to 14 at 7:30 p.m. with prices of \$35, \$55 and \$65; April 15 at 8 p.m., April 16 of 2 and 8 p.m., and April

17 at 2 p.m., with prices of \$45, \$65 and \$75; and April 17 at 7 p.m., with closing night prices of \$35, \$55 and \$65.

Tickets are available at the Blaisdell Box Office and all Ticketmaster outlets, including Times Supermarkets. To charge-by-phone, call (877) 750-4400 or log on to www.ticketmaster.com.



Photo Courtesy of Julie McIntyre

## Special delivery

Matson, a kitten who was rescued after being accidentally shipped from the mainland in a shipping container, was the only surviving kitten out of a litter of four. A Safeway employee, who quickly took the two-week-old kitten to “Joey’s Feline Friends” where she was bottle-fed and treated until she was taken to Companion Animal Hospital, discovered the miracle kitten. There, Matson, named after the shipping company that shipped her to Hawaii, was held for four months of recuperation and quarantine. Once Matson was released she quickly found a home with Julie McIntyre, office manager at Companion Animal Hospital.

Since her miraculous recovery Matson has gained much publicity and is now making her grand debut into the world of cat shows. Matson will premier at the Hawaii All Breed Cat Club Show, March 12 where she will compete in the Household Pet category. See Word to Pass for details about the cat show.

# Strong work ethic pays off

Sailor chosen over 1,000 others for distinction

**Cpl. Michelle M. Dickson**  
*Combat Correspondent*

“She is not only a top performer, she is also a well-rounded Sailor and representative for the military,” said Senior Chief Petty Officer Kenneth Kimple, Navy senior enlisted advisor for Marine Corps Air Facility, when she spoke of Petty Officer 2nd Class Kai Li Brunda, air traffic controller, MCAF, who was presented with the Junior Sailor of the Year Award. “Her success speaks for itself and for the entire division.”

Brunda, a Boise, Idaho native, has been in the Navy for five-and-a-half years and this is her second duty station. She was chosen as MCAF Junior Sailor of the Year after successfully answering questions at a series of oral boards, which pitted her against more than 1,000 other enlisted Sailors. During these boards, each Sailor was questioned about programs and policies pertaining to the military and to the base. They are also asked opinionated questions regarding issues in the world

today, and how they think certain issues should be dealt with. They were judged on their overall presentation of themselves and the appearance of their uniform.

The young Sailor said that she thinks having additional collateral duties helped her gain points ahead of those she was competing against.

“I think that may have helped me in gaining this award,” said Brunda. “I was honestly surprised though when I found out that I actually won, I never thought that would happen.”

Brunda is Training Petty Officer for 15 of her fellow Sailors. At this job, she is responsible for making sure that they are all on track with their general military training, keeping their training and records up to date. In addition, she is the command fitness coordinator, responsible for tracking the progress of her command's Physical Fitness Program and seeing that Sailors maintain the proper physical fitness level so that they meet Navy standards.

“This job, for me, entails a lot of one-on-one training with each person,” said Brunda. “I want everyone in my crew to be able to excel and be recognized for that.”

The 24-year-old said she doesn’t want anyone in the military, even if they are planning to get out, to let their physical condition go or not



Cpl. Michelle M. Dickson

**Air Traffic Controlman 2nd Class Kai Li Brunda, MCAF does push-ups with her husband, Sgt. Michael Brunda, dive chief, fourth force reconnaissance, after she was awarded for Junior Sailor of the Year.**

**Navy Capt. William F. Moran, commander, Patrol and Reconnaissance, Wing 2, presents Air Traffic Controlman 2nd Class Kai Li Brunda, Marine Corps Air Facility, with the Junior Sailor of the Year award. Brunda beat out more than 1,000 other candidates.**



Cpl. Michelle M. Dickson

## MARINE MAKEPONO

HAWAIIAN FOR  
“MARINE BARGAINS”

**Yard Sale**  
**Today and Saturday,**  
from 8 a.m. to 5 p.m. at 6448 B Webb Court, just off Cochran Street, aboard MCB Hawaii. There will be tons of stuff at cheap prices.

**Saturday,** from 7 a.m. to noon at 2676-D Dias Place, aboard MCB Hawaii. There will be clothes, toys, furniture, and more.

**Miscellaneous**  
**Yamaha electric guitar with amp,** \$300; television with surround sound, \$100; 19-inch color television, \$80; washer and dryer set, \$300; computer, \$100; fish tank with two fish, \$3; four sets of large, regular digital utilities, \$80; long sleeve and short sleeve creightons, \$5 each. Call 392-6059.

▲   ▲   ▲  
**Free**  
**Makepono Ads**

*Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.*

*Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.*

*The deadline for submitting ads to the **Hawaii Marine** is 4 p.m. the Friday of the week prior to publication.*

*Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in building 216 aboard Kaneohe Bay.*

*Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.*

*To renew an ad or for more information, call the **Hawaii Marine** office at 257-8836 or 257-8837.*

care about themselves and the unit they are assigned to.

“It hurts the whole command, if one person slacks off,” said Brunda. “I guess I want to help some of the people who can’t really help themselves.”

Along with those responsibilities, the Eagle Idaho High School graduate and current Hawaii Pacific University student, has been a volunteer for the Special Olympics; Toys for Tots; military functions; and also a Key Volunteer for 4th Force Reconnaissance Division, where her husband is currently assigned.

Sergeant Michael Brunda, dive chief with 4th Force Reconnaissance, has known Kai Li for seven years and wasn’t surprised when finding

out about his wife's achievement.

“I’m so proud of her and I know that her strong work ethic helped to pull her ahead of the others,” said the Coopersburg, Penn. native. “She loves her job, and she loves being the best at it.”

Brunda was awarded the Navy and Marine Corps Achievement Medal in recognition for being named Junior Sailor of the Year. Her senior leadership applauded her achievements and honored her for her generosity toward others.

“She is able to perform her job and devote her extra time to help her peers succeed as well,” said Kimple. “With Brunda taking Junior Sailor of the Year and MCAF and taking Non-Commissioned Officer of the Year, it just speaks volumes for MCAF Sailors and Marines.”